

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Air Power
Quote of the Week

"Airpower has become a devastating force to destroy an enemy's potential."

— Gen. Omar Bradley

Vol. 50, No. 16

www.laughlin.af.mil

April 26, 2002

Former wing commanders hit links

By Senior Airman Brad Pettit
Editor

Four former 47th Flying Training Wing commanders were among 68 golfers who competed April 19-20 in Laughlin's 31st Annual Commander's Invitational Golf Tournament.

The former wing commanders were retired Lt. Gen. John Griffith, retired Maj. Gen. Lawrence Garrison, and retired Brig. Gens. Anthony Farrington Jr. and Albert Gagliardi.

Other participants included retired Maj. Gen. Gerald Prather and retired Brig. Gen. Chalmers Carr, formerly a base group commander.

Col. Rick Rosborg, 47th Flying Training Wing Commander, hosted the 17 four-person teams playing in

the 36-hole scramble tournament.

"The tournament provides an opportunity for past commanders and local civilian dignitaries to interact with base people and get updated on current activities, as well as to further cement our strong bond between the base and community," he said.

The team of Carr, Col. Paul Ackerley, Maj. Ponce Howard and Senior Airman Keith Pruitt, won the tournament with a score of 21 under par.

Nobody in the tournament scored a hole in one. The only person in the past 29 years to accomplish this feat was Maj. Gen. Timothy Peppe, Air Force chief of safety. He aced the 205-yard 17th hole during the 1999 tournament.



Photo by Dave Niebergall

Col. Paul Ackerley, 47th Operations Group Commander, tees off in Laughlin's 31st Annual Commanders Invitational Golf Tournament Saturday at the Leaning Pine Golf Course. Ackerley's team won the golf tournament with 21 under par.

Laughlin gears up for Air Amistad 2002

By Jim Teet
Public affairs

Air Amistad 2002 permits Southwest Texas and Mexico neighbors to view the largest number of visiting aircraft to ever gather at Laughlin. Air Amistad will be held from 9 a.m. to 4:30 p.m. May 12 to highlight the 60th anniversary of Laughlin as a military installation.

Air Amistad 2002 admission and parking are free for everyone. More than three

hours of scheduled aircraft performances will be highlighted by the U.S. Air Force Thunderbirds, who will provide the final aerobatics act for the air show.

Lt. Col. John S. Crow, Air Amistad director, emphasized that security is a key element of this year's event.

"We want everyone to understand that, as a result of Sept. 11, our planning efforts have evolved around assuring a safe environment

for everyone who attends," he said. "As such, everyone should be aware that everything on Laughlin is subject to inspection."

He added that security might cause delays since everyone must pass through checkpoints separating the parking sites from the air show displays.

"In addition, we are not permitting anyone to carry large bags, coolers or pocket knives beyond the check-

points," he stressed. "This will help everyone gain access to the display areas with minimum delays."

Current military aircraft performing and on display for this year's event include the A-10 Thunderbolt II, F-15 Eagle, F-16 Fighting Falcon, U-2 Dragonlady, F-117 Nighthawk, T-37 Tweet, T-38 Talon, T-1 Jayhawk and T-6 Texan II. Vintage aircraft will include the T-28 Trojan, P-40 Warhawk, P-51

Mustang, the original T-6 Texan and a MiG-15 Fagot.

In addition to aircraft, there will be a full day of exhibits and demonstrations. The Wings of Blue, The U.S. Air Force Academy's sky-diving team, will open the air show with a jump and presentation of the American flag. Other highlights include the Air Force Experience Van, an 18-wheel van that

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the inside
Scoop

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Specialized Undergraduate Pilot Training Class 02-08 graduates in Anderson Hall ceremony today.

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The Laughlin commissary offers benefits for customers during Commissary Focus Month.

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16 days
until...

Air
Amistad
Laughlin Air Force Base, Texas



Commanders' Corner

By **Robert Wood**

47th Operations Group maintenance director

Ice storm brings out best of Laughlin

"Some are born great, some achieve greatness, and some have greatness thrust upon them."

— **William Shakespeare**

Tragedies were William Shakespeare's forté, just as teamwork is the Air Force's forté.

The recent hailstorm that hit Laughlin and significantly damaged a number of structures, vehicles and aircraft will most certainly challenge the men and women of our base in ways that few of them thought possible. And it will be many individuals working as a team that will quickly return our base to its previous "XL'ent" form.

Like other tragedies, this storm has brought out the best in Air Force personnel: those in uniform, our civil servants and our contractors. The lessons they learned from this tragedy will help the Air Force in another place and time.

Some are born great. These are

leaders who knew what to do, how to do it, and then did it in a time of crisis. While some were mesmerized by the ferocity and severity of tennis ball- and baseball-sized hail falling all around them, others took immediate action to limit damage or injury to others. Many in security forces, the medical group and aircraft maintenance certainly did not fit anyone's standard definition of a hero that Sunday afternoon, but many of them rose to the occasion when duty called as hail pummeled the area, breaking glass in vehicles, work areas and homes.

Some achieve greatness. These are the leaders who correctly assessed the situation and helped their people get the base and our operation back on track. While some were in shock by the devastation to the base or stunned at the extent of the damage to our fleet, these leaders provided calm guidance and facilitated many relief efforts. Many leaders in

the 47th Support Group and the 47th Operations Group immediately "turned to" organizing and directing recovery actions necessary to quickly return Laughlin to its showcase status as the pride of Del Rio.

Some have greatness thrust upon them. These are the key people who do not get much attention under normal circumstances, but in times of crises, they are the "go-to" guys. Much like the firefighters working at the World Trade Center, these people perform much of the dirty and grunt work during a crisis. Few people in the Air Force have ever faced the Herculean challenge of repairing hundreds of components from more than a hundred hail-damaged jets. However, the men and women of Laughlin aircraft maintenance, supply, and transportation and Air Education and Training Command logistics leapt to the challenge of re-

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Top Three Talk

By **Master Sgt. Jimmie Davis**

47th Flying Training Wing career adviser



Promotions take planning and studying

As an individual coming up on promotion, you should know when you're eligible and what study materials are required for testing. The first objective is to calculate your eligibility for testing. Next, review the Weighted Airman Promotion System catalog to identify required study references and ensure you obtain and study the most current information.

How do I know if I am eligible? In the information age, it's a relatively simple task. Go to the AFPC,

Enlisted Promotions Web site at www.afpc.randolph.af.mil/eprom/. Once the page comes up, go to "information" and then proceed to "WAPS Eligibility Chart." Index down to the rank and year you are checking to see if you are test-eligible. It will state what your time in service, total active federal military service date, and your date of rank requirements must be to be test-eligible.

The next step of reviewing the WAPS catalog to ensure study references are current is just as easy. Go

to the same Web site as before and proceed to "information" and then go to "WAPS Catalog." If the catalog references new, updated material for your Air Force Specialty Code you will receive new study materials. If this is your first time testing for this specific rank, you will receive a complete set of WAPS material. Your study material should arrive by December if you are testing for technical or master sergeant and January

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

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Submissions can be e-mailed to:
bradley.pettit@laughlin.af.mil
timothy.stein@laughlin.af.mil

"Excellence — not our goal, but our standard."

— 47th FTW motto

FPCON Bravo

Laughlin is currently in Force Protection Condition Bravo. All people should remain vigilant and report suspicious activity to security forces at 298-5100.

Rising 6

By Tech. Sgt. Luis Franco
47th Security Forces Squadron trainer

Do your best now to impact future

As I speak to our troops during post visits, I often hear their complaints and frustrations on how the world could be better if they were in charge. I often smile at the looks I get when I ask, "What are you doing to improve the world from where you are now?"

Here are some tools to help you in your quest to change the world:

- Remember you are in the military, a profession of honor and service.
- Study those regulations and become the expert. Do not do things because "It has always been that way."
- If you are not sure, look it up. When you make your words meaningful, others will listen and learn to value your input.

- Do not forget those who support what you do. You do not run the base by yourself.
- A nice uniform will get you noticed for about five minutes; after that you better know something.
- Trust in your superiors and subordinates. Read and understand the code of conduct.
- Find out where you fit in the military structure and be the best at that. Always practice what you preach.
- Service is not about you; it's about the served.
- Finally, ask yourself, "When I progress in rank, would I like young airmen behaving like I do?"

Your answer must be "Yes."

'Storm,' from page 2

pairing hundreds of damaged components.

In order for Laughlin to quickly return to its high-volume, high-tempo pilot training operation, Columbus, Vance, Sheppard and Randolph Air Force bases stepped up to the plate with their aircraft maintenance personnel, establishing a pipeline to receive, repair and return Laughlin's damaged flight controls or provide aircraft with which to train Laughlin students, or both.

Three days after the storm, the amazing sight of jets from other bases commingled with Laughlin aircraft and fully integrated into the flying schedule illustrated that in times of need you count on family, and the Air Force family responded. Although almost half of our fleet had been knocked out of action, Laughlin was flying nearly a full-up flying schedule, pumping out student sorties at a rate completely unfathomable a few days earlier.

The storm that raked Laughlin's fleet is a case study

of teamwork and leadership in the face of tragedy. Air Force leaders who achieve greatness, in whatever measure, do so because they learn many lessons from events such as those found in our hailstorm. It does not take a tragedy to learn valuable lessons in leadership or teamwork. Those you meet every day will teach you enduring lessons of leadership and teamwork if you take time to stop, learn and listen during crises or during periods of calm. Do not miss your opportunity to learn and grow as a leader.

'Testing,' from page 2

for persons testing for staff sergeant. If you do not receive your WAPS material by December or January, notify your supervisor and your unit WAPS monitor immediately. Remember, it's your promotion; you need to be proactive.

If your WAPS material needs to be replaced because it was lost or destroyed, it can be purchased straight from the Air Force Institute of Advanced Distance Learning. Replacement material can only be purchased from Oct. 1 through June 15. If you need to order WAPS material, submit a money order or cashier's check for \$20 and make it payable to DDO 3801. It is important that your request includes name, rank, mailing address, tele-

phone number, Career Air Force Specialty Code and calendar year, not fiscal year, you are testing in. Mail your request to AFIADL/DMS, 50 S Turner Blvd, Maxwell Air Force Base Gunter Annex, Ala. 36118-5643. The instructions for purchasing WAPS material are also located at www.maxwell.af.mil/au/afiadl/. Once the page comes up, proceed to, "What's New"; then go to, "AFIADL Course Catalog and Price List"; then "Purchasing Course Material"; and lastly to, "By Individual."

For additional information on promotions and testing, go to AFIADL's Web site at xwww.maxwell.af.mil/au/afiadl/. Once there, proceed to "WAPS Info" and you can learn everything you ever wanted to know about enlisted promotions.

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.



Rick Rosborg
Col. Rick Rosborg
47th FTW Commander

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Base pool

Comment: I'm inquiring about the problems at the base swimming pool. I understand the heaters are out. It doesn't sound like there is anything going on to resolve this problem anytime soon.

Response: Good news, the pool is now open. The pool had been down for both scheduled and unscheduled maintenance since December. We originally planned to have it back in operation Jan. 5 after repairing the liner and performing other required maintenance; however, several problems were discovered that required extended closure. The most recent closure was to replace the failed heating system. While we are still waiting to install a new system, it is now warm enough to enjoy the pool without it.

The Friendship Pool is open every day from 11 a.m. to 6 p.m. until Memorial Day weekend when the pool converts to its summer hours of 6 a.m. to 8 p.m. for lap swim and 11 a.m. to 8 p.m. for recreational swim.

Airmanship

Intended to help all airmen articulate the Air Force's vision of aerospace power

What is a supported commander?

In simple terms, the supported commander is the commander responsible for the overall operation.

Laughlin people join fight against cancer

By Maj. Nina Watson
*Health and Wellness Center
flight commander*

Several Laughlin people recently put on their walking shoes to help fight a disease responsible for killing millions of people annually.

April is Cancer Awareness Month, and the Laughlin and Del Rio communities showed up at the Del Rio High School stadium for Relay For Life April 19-20 to raise a total of \$76,000 in lifesaving funds for cancer victims and research.

Relay For Life is a fund-raising event for The American Cancer Society. Several people took turns walking for their teams in exchange for money donations to the American Cancer Society.

Relay For Life provides

opportunities for the public to learn more about cancer, raise money and heighten awareness in support of its programs. The American Cancer Society is an organization dedicated to preventing cancer, saving lives and reducing suffering from cancer through research, education, advocacy and service.

Capt. Dana Repak, Master Sgt. James Martin, Tech. Sgt. Terry Patterson and Lisa Nierman led four participating base teams, which recruited 90 walkers and collectively raised more than \$3,800.

The teams took to the track Friday afternoon, walking through the night until closing ceremonies at noon Saturday. At one point in the event everything stopped, the

lights went out, and the field was illuminated to honor those who have been diagnosed with cancer.

On Saturday morning, with activities coming to a standstill as the world did Sept. 11, Laughlin people, community fire departments and the Del Rio sheriff's department all gathered to participate in a special memorial service honoring those who died from terrorism and those who are fighting and have fought against it.

As the event drew to a close Saturday, a special recognition was given for team spirit. Team XL came away with the "best campsite."

Col. Rick Rosborg, 47th Flying Training Wing Commander, said he was very pleased with all the support



Photo by Maj. Nina Watson

Laughlin people gather on the track to participate in Relay For Life April 19-20. Four Laughlin groups participated in the event.

shown for this worthy cause by the Laughlin and Del Rio communities.

"Seeing Laughlin people join hands with Del Rio citizens to raise funds to re-

search a disease that affects so many is wonderful," he said. "I am very happy that Laughlin played a role in this important cause."

Web resumé class set

A seminar will be held at 2 p.m. Tuesday in the Family Support Center conference room to give tips to base people on how to post their resúmes on the Internet.

To sign up, call 298-5620 by 4:30 p.m. today.

Women's group to meet

A Christian Women Fellowship meeting will be held from 9 to 11 a.m. Saturday in the chapel fellowship hall.

The topic is "Knowing God's Standards." There will be door prizes and fellowship. This fellowship meeting is open to everyone.

For more information, call Sandra Whiteside at 298-1351.

Commissary lot sale set

The commissary will have a case lot sale from 9 a.m. to 5 p.m. Tuesday and Wednesday.

For more information, call the commissary at 298-5875.

Airman's Attic to open

The Airman's Attic is now taking donations. The Airman's Attic will open from 10 a.m. until noon Wednesday. It is a place where staff sergeants and below may be referred by their first

Newslines

sergeants to pick up donated uniforms. In addition, furniture, baby items, housewares, furniture and small appliances are available for needy airmen.

If you have any good, serviceable uniforms or items you would like to donate to the Airmen's Attic, call Lynette Enyeart at 298-0195 or Juanita Wright at 298-1251 to arrange donation pickup.

Blood drive scheduled

A Laughlin blood drive is scheduled from 10 a.m. to 4 p.m. May 3 at the Fiesta Community Center.

For more information, call Tech. Sgt. Todd Draper at 298-6418.

Mother's Day art exhibit set

A Mother's Day art exhibit is scheduled for 5 p.m. May 9 at the Fiesta Community Center. All items (poetry, story or artwork) can be brought to the Fiesta Center.

The Child Development Center, family child care and school age programs will bring items from children participating in their programs.

All others who wish to participate should take items to the Fiesta Center before 4 p.m. May 3.

For more information, call Helen Sykes at the Fiesta Community Center at 298-5224.

Event volunteers needed

The Val Verde Community Action Plan for Safety organization is looking for volunteers to assist with a bike rodeo from 7:45 a.m. to 12:30 p.m. May 11 at Plaza del Sol Mall.

Help is needed to set up equipment, sign up kids, oversee the course and check proper fit of bike helmets. Refreshments will be provided.

For more information or to volunteer, call the Health and Wellness Center at 298-6464.

Lost items turned in

The 47th Security Forces Squadron investigations section has had numerous items turned in, such as keys and jewelry.

If you are missing any type of personal property, call Staff Sgt. Paul Bogumil at 298-5248 with a full description of the missing item.

Honor Guard needs people

The Laughlin Honor Guard is looking for motivated airmen and noncommissioned officers to join this elite group of professionals

For more information or if you are interested in joining, call Staff Sgt. Anthony Williams at 298-5159.

'Air show,' from page 1

tours the country and lets visitors learn about and fly an F-16 simulator on a combat mission, and the Lackland Air Force Base Drill Team. Music and other presentations are scheduled throughout the day.

Complete, up-to-date details about Air Amistad are available to everyone at www.laughlin.af.mil/airshow. Individuals without computer access may call Laughlin's Public Affairs office at 298-5988 for details.

All on-base residents are

strongly encouraged to walk to the air show. For those who need transportation, it will be available; however, there will be only one shuttle bus for enlisted housing and one for officer housing, so large numbers of people simply cannot be supported without long waits. Buses will run every 10-15 minutes beginning at 9 a.m. and will stop at the existing bus stops in housing.

All off-base people must enter Laughlin through the Main Gate, as the West Gate will be closed to the general public. Unauthorized people

attempting to enter through the West Gate will be redirected to the Main Gate.

A pre-air show beach bash is scheduled from 5 to 10 p.m. May 10 at the base picnic grounds for the base population and Air Amistad 2002 visiting air crews.

Those attending are encouraged to wear their favorite Hawaiian shirts, grass skirts, leis and straw hats to compete in a "best dressed" contest. A colorful assortment of tropical beverages will be available.

Entertainment includes live beach music, a hula

contest, tug of war, horseshoe tournament, limbo contest and beach volleyball. A pit-roasted pig and Hawaiian-style chicken will be served from 5 to 8 p.m. for a \$4 entry fee.

"If you liked the hayride and hoedown, you're going to love this," said Col. Rick Rosborg, 47th Flying Training Wing Commander. "The hayride/hoedown attracted approximately 1,000 people. I hope to see at least this many at the beach bash and many more at the air show."

For beach bash details, call 298-5830.

Environmental issues evaluated

Compiled from staff reports

Just how well does Laughlin comply with environmental laws?

A 15-person team from the 47th Civil Engineer Squadron and 47th Medical Group Bioenvironmental Flight will provide answers during an ECAMP assessment Monday through May 3.

ECAMP stands for Environmental Compliance and Management Program. It looks into 13 specific areas that deal with hazardous wastes, wastewater, water quality management, air emissions, petroleum, oils and lubricants and much more.

During the ECAMP, the team will visit base agencies that use materials or generate waste governed by Environmental Protection Agency regulations. All bases must meet state, federal and Air Force requirements.

**If you know
of or suspect
Fraud, Waste
and Abuse,
call the FWA
hotline at
298-4170.**

SUPT Class 02-08 members graduate today,

Compiled from staff reports

Specialized Undergraduate Pilot Training Class 02-08 graduates at 10 a.m. today in the Anderson Hall auditorium.

The 52-week SUPT program prepares student pilots for the spectrum of Air Force aircraft and flying missions.

Training begins with three weeks of physiological and academic training to prepare students for flight.

The second phase, primary training, is conducted in the twin-engine, subsonic T-37 "Tweet." In the T-37, students learn flight characteristics, emergency procedures, takeoff and landing, aerobatics and formation flying.

After primary training, the future pilots are selected for advanced in-

Retired Brig. Gen. Robin Olds, a triple ace and aviation legend, will be the guest speaker for the graduation ceremony.

flight training in a specialized track.

The tracks include tanker and cargo aircraft training in the T-1 aircraft; fighter/bomber training in the T-38; turbo propeller aircraft training in the Navy's T-44; and helicopter training in the Army's UH-1. Advanced training in a track takes about 26 weeks.

Graduates of Class 02-08 have been assigned to aircraft at duty stations throughout the world.



Capt. Sean Morgan
KC-10, Travis Air Force Base, Calif.
Class leader



2nd Lt. Laura Maher
B-2, Whiteman AFB, Ill.
Assistant class leader



(Courtesy photo)

Pictured are the three jets used to train Laughlin student pilots. Clockwise from left are the T-38 Talon, T-1A Jayhawk and T-37 Tweet.



2nd Lt. Graham Boutz
C-17, Charleston AFB, S.C.



2nd Lt. Matthew Downs
C-21, Yokota Air Base, Japan



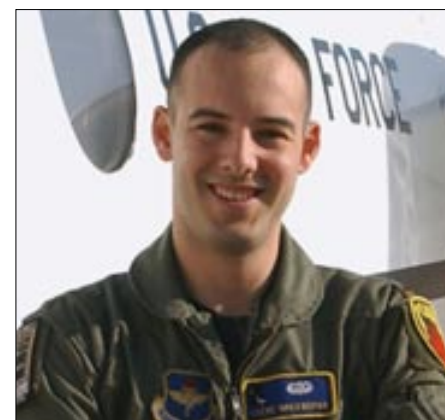
2nd Lt. Ryan Eddy
B-52, Barksdale AFB, La.



2nd Lt. Joshua Frakes
KC-135, Fairchild AFB, Wash.



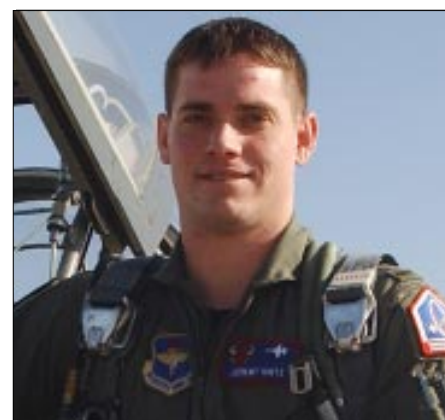
2nd Lt. Justin Gittins
T-37, Laughlin AFB



2nd Lt. Steve Greenspan
KC-135, Grand Forks AFB, N.D.



2nd Lt. Brendan Harrison
C-17, McChord AFB, Wash.



2nd Lt. Jeremy Hintz
T-37, Laughlin AFB

transition from students to Air Force pilots



2nd Lt. Emily Huhmann
KC-135, Fairchild AFB, Wash.



2nd Lt. James Jones
RC-135, Offutt AFB, Neb.



2nd Lt. Justin Mackey
T-1, Laughlin AFB



2nd Lt. Joseph Michaelson
F-15C, Tyndall AFB, Fla.



2nd Lt. Austin Moore
KC-10, Phoenix, Ariz. (ANG)



2nd Lt. Shannon Neilson
C-5, Travis AFB, Calif.



2nd Lt. Robert Odom
F-15E, Seymour Johnson AFB, N.C.



2nd Lt. Joshua Peck
E-3, Tinker AFB, Okla.



2nd Lt. Joel Prosoio
C-21, Stuttgart AB, Germany



2nd Lt. Walter Ransom
KC-135, Pittsburg, Pa. (AFRES)



2nd Lt. Gabriel Repucci
T-37, Laughlin AFB



2nd Lt. Charles Richmond
B-52, Barksdale AFB, La.



2nd Lt. Collins Shelden
KC-10, McGuire AFB, N.J.



2nd Lt. Darren Spencer
KC-135, Grand Forks AFB, N.D.



2nd Lt. Zachary Turcotte
KC-135, Grand Forks AFB, N.D.



2nd Lt. Aaron Wildman
F-16, Springfield, Ohio (ANG)

Hailstorm brings damage claims against government

By Master Sgt. Beth Smith
*47th Flying Training Wing
law office manager*

Laughlin members wishing to file a damage claim due to the recent hailstorm have until April 7, 2004, to file.

People with claims should fill out necessary documents and have all required documentation before scheduling an appointment with the legal office.

Claims office personnel stress the claims process is very tedious in the documentation that is required. A separate claim must be filed for each vehicle claimed. Personal property damage is also a separate claim. Any person making a claim should inform the claims office of how many claims are being filed when making the appointment so the proper amount of time can be allotted.

A claim cannot be processed without the proper documentation. This process will save trips to the claims office and ensures the office staff maximizes the use of appointment times.

For individuals with only liability

insurance, the following documentation is required: Department of Defense Form 1842/1844, title or registration, proof of only having liability insurance and two estimates of repair. The office will need to inspect the vehicle at the time of the appointment.

For individuals with comprehensive insurance, the following documentation is required: DD Form 1842/1844, title or registration, estimate of repair from insurance company and proof of settlement from insurance company – this can be a copy of the check or documentation to show that a deposit was made to the account in the amount shown on the insurance estimate.

Please make any copies needed prior to the appointment. All documents will be taken to be included in the claims file. Anyone wanting to keep a copy of DD Form 1842/1844 or estimate of repair should make a copy before arriving for his appointment.

Members departing for re-assignment, as well as those who were here in a temporary-duty status,

may file claims at whichever installation is more convenient for them. The claims office at that base will call Laughlin's claims office to request any documents it might require.

People with comprehensive insurance must claim the entire amount of the repairs to vehicles, not just the deductible. The government deducts the amount a claimant recovers from insurance through the amount payable by the Air Force. If the insurance company paid less than the government could have paid, the claimant could be paid the difference. If your insurance company paid more than the government allows, the claimant may not be awarded anything. Each claim is adjudicated on a case-by-case basis.

AFI 51-502, Personnel and Government Recovery Claims, governs these types of claims. The Personnel Claims Act is a gratuitous payment statute. It does not provide insurance coverage and is not designed to make the United States a total insurer of the personal property of claimants. The Air Force aims, within approved guidelines, to compensate active-duty

members and civilian employees for property loss or damage to the maximum extent possible.

AFI 51-502 prohibits claims personnel from giving any opinion about approval or disapproval of a claim. Claims office personnel cannot tell if a claim is going to be paid nor can they tell anyone a claim cannot be filed.

Not all claims will be payable claims, based on the rules the office has to follow. Anyone dissatisfied with a settlement may submit a letter to the claims office within 60 days of receiving the settlement letter. This letter must explain why it is believed the settlement is incorrect. These requests must be in writing.

Information from the claims briefing is available at www.laughlin.af.mil/47ftw/legal/HAIL.htm. This page is available on all government computers and the communications squadron has made it available on the public Web site, so it can be accessed from home computers.

If you have a claim to file, call the legal office at 298-5172 to schedule an appointment.

Thrift Savings Plan changes

**Compiled from
staff reports**

Several changes were recently made to the United States Air Force Uniformed Services Thrift Savings Plan.

These changes are:

■ **Belated elections:** When a member is not available to make elections during the open seasons for reasons beyond their control (i.e. temporary duty assignment or hospitalization) and such status overlaps part of an open season, finance may accept elections within 30 calendar days after status has terminated.

Elections shall become effective no later than the first pay period after the date the elections are accepted from finance.

■ **Power of attorney:** A member deploying or other duty during an open season may choose a power of attorney for the purpose of designating an individual to conduct TSP elections on their behalf.

■ **Tax saver's credit:** Members who participate in the TSP during the tax year 2002-2006 may be eligible for a tax credit on their federal income tax return for each year they contribute to the plan. Married members who file a joint return have a maximum of a \$2,000 credit; single members have a maximum of a \$1,000 credit.

However, the amount of the tax credit may be offset by any taxable distribution paid directly to them by the TSP.

For more information on the Uniformed Services Thrift Savings Plan, call the customer service office at 298-5276, finance office at 298-5215 or Tech Sgt. Mary Davis at the family support center at 298-5109.

Thinking about getting out? Think again! Call the career assistance adviser at 298-5456 for guidance.

Chapel Schedule



Catholic

Saturday 5 p.m., Mass
Sunday ● 9:30 a.m., Mass
● 11 a.m., Little Rock Scripture
Study in Chapel Fellowship Hall
Thursday 6 p.m., Choir
Tuesday- ● 12:05 p.m., Mass
Friday ● 12:05 p.m. and 7 p.m., Holy Days
of Obligation
Reconciliation Before Sunday Mass, Wednesday
from 7 to 9 p.m. and by appointment
*Religious Education/
Bible Study* 11 a.m. and noon Sunday

Jewish

Call Max Stool at 775-4519

Muslim

Call Dr. Mostafa Salama at 768-9200

Nondenominational

Friday 7 p.m., Unity in Community Services

Protestant

Sunday 11 a.m., General worship
Wednesday ● 12:30-2:15 p.m. and 6 to 7 p.m.,
Women's Bible Study at chapel
● 6 p.m., Choir at chapel

**For more information on chapel
events and services,
call 298-5111.**

The *XL*er



Photo by Senior Airman Brad Pettit

Staff Sgt. William Bartram

47th Operations Support Squadron flight records NCOIC

Hometown:

Carbondale, Colo.

Time at Laughlin:

3 years, 4 months,
8 days

Time in service:

13 years

Greatest

accomplishment:

Winning the battle of
being a diabetic on
active duty

Hobbies: Collecting
knight and sword
memorabilia

Bad habit: Saying
“hmmm” or “that is
interesting”

Favorite film:

A Knight's Tale

Favorite musician:

Jim Brickman

***If you could spend one
hour with any person,
who would it be and
why?*** The knights of the
round table because I
want to know how it re-
ally was instead of read-
ing about it in a book.

**Please recycle
this newspaper.**

1 x 1 DAVE REINHOLD

Commissary brings savings, quality to customers

By Bonnie Powell

Defense Commissary Agency

You're ready to serve your country. Your commissary is ready to serve you.

"That's our most important mission," said Maj. Gen. Robert J. Courter Jr., Defense Commissary Agency director. "Commissaries are an essential part of the worldwide military community, and that's just one of the messages we want to deliver to our servicemembers during Commissary Awareness Month in May."

Actually, every month is commissary awareness month at DeCA.

"Commissaries are a military benefit offering grocery savings of more than 30 percent," said the general. "Our store directors have been working hard to deliver the good news to the entire military community, from single servicemembers to

families, from retirees to Guard and Reserve members."

Savings for a family of four shopping regularly in the commissary can amount to \$2,400 per year.

"We also want to communicate the message that we are a part of readiness — a core element of military family support," said Courter. "We enable military families to be assigned worldwide with active-duty members, and we impact quality of life, retention, and a sense of community. Consistent delivery of U.S. grocery products and great prices worldwide are what we are all about."

Commissaries continue to be a focal point of the military community in 2002, just as they have been for more than 135 years, and the biannual Commissary Customer Satisfaction Survey rates customer satisfaction higher than ever.

DeCA, formed in 1991 from the

separate commissary systems, is celebrating its 10th year of existence as an agency, but it's still changing, evolving, and striving for improvements.

"Yes, we have a long tradition behind us, but we haven't stopped seeking a higher standard," said Courter. "Our stores now offer the freshest produce at great prices, unbeatable deals on fresh meats and we've developed the Best Value Item and Manager's Specials programs to offer even lower prices. We've also streamlined our operations to control costs, while increasing savings and improving customer service."

Commissaries have been listening and responding to customer feedback through focus groups and the "Your Action Line" program. As a result, conveniences such as short-term parking, more express lanes,

Grab 'n' Go and quick meal sections, express lunches and more have been added to stores. Many commissaries will "strut their stuff" by planning outreach activities and tours during Commissary Awareness Month. "Serving Up Savings," a brand new outreach video about commissary shopping, will make its debut along with "Click 'n' Save," a video that helps increase awareness of the commissary Web site and how authorized shoppers can use it to save money.

Find out more about Commissary Awareness Month by checking out DeCA's Web site at www.commissaries.com in May for online shopping sprees, what's on sale and other Commissary Awareness Month news.

Find out what's happening at your local commissary through the "locations" link on the Web site.



Laughlin Salutes

Honor Guard

Most Improved Member

♦ Senior Airman Justin Werlinger, 47th Operations Support Squadron

31st Commanders Golf Tournament

Volunteers

♦ 1st Lt. Tammy Ward, 85th Flying Training Squadron
♦ 1st Lt. Chris Sample, 84th Flying Training Squadron

♦ Staff Sgt. Derek Smith, 47th Aeromedical Dental Squadron
♦ Staff Sgt. Maria Hitchcock, 47th Operations Support Squadron
♦ Staff Sgt. Eric Maye, 47th Aeromedical Dental Squadron
♦ Staff Sgt. Paul Bogumil, 47th Security Forces Squadron
♦ Tech. Sgt. Brian Lewallen, 47th Operations Support Squadron

**Interested in
the Air
Force?**

*Call Del Rio's
Air Force
recruiter at
774-0911.*

Sportslines

8-ball pool tournament held

Eight people participated in an 8-ball pool tournament held Tuesday at Club Amistad. Matt Haven took the \$25 prize for first place and Javier Aguirre took home \$15 for second.

Club Amistad will schedule many more tournaments in the future.

Bowling standings

Team	Points	Team	Points
OSS	141-91	Services	116-116
Boeing	134-98	CE	110-122
DeCA	128-104	Commtracting	95-137
FTW	125-107	SFS	79-153

Volleyball standings

Eastern Division		Western Division	
84/85 FTS	4-1	86th FTS	4-1
47th Comm/Con	4-2	47th SVS	2-4
87th FTS	3-1	47th OSS	1-4
LCSAM	2-3	47th Med Group	1-5



Photo by Senior Airman Brad Pettit

Going, going, gone...

José Garcia takes a swing at a softball during the home run derby Friday at Liberty Field. Garcia won the event with four homers. José Sanchez came in second with three. Seven people participated.

Protein is necessary part of diet

By Capt. Lisa Firestone

47th Medical Group flight surgeon

Protein powders. Protein bars. Protein shakes. No matter the form, it seems as though there is a way to market protein as edible and good for you. The popularity of protein supplements has surged within the United States. High protein diet books are flying off the bookstore shelves and giant steaks are being rapidly devoured across the country. Does protein really pack such a powerful punch or does it merely whittle away at your wallet while causing permanent kidney and liver damage?

Protein is part of an important building block used by the body for almost all physical functions including growing, maintaining and repairing cells, regulating fluids and assisting the immune system. However, most Americans eat more protein than they need. As with any "natural" protein, too much of a good thing can be bad for you. In the effort to be healthy, you may be harming your body.

The average American consumes

about 90 grams of protein per day, almost double the 50 grams per day recommended amount. Excess protein is broken down by the body and converted into fat and waste. This extra work strains both the kidneys and liver. Excess protein can cause nausea and vomiting as well as permanent kidney damage.

The American Heart Association has come out with a statement that high-protein diets can restrict the consumption of healthful foods that provide essential nutrients. High protein diets emphasize meat and eggs which, while high in protein, are also high in saturated fat and cholesterol. AHA guidelines recommend that no more than 30 percent of total daily calories come from fat and less than 10 percent come from saturated fat. This is difficult to achieve on a high-protein diet.

Moderately active, healthy adults should aim for approximately 1.3 grams of protein per kilogram of body mass per day (a little more than 1 gram for every three pounds you weigh). Ath-

letes require 1.3 to 1.8 grams protein per kilogram per day. This is the amount of protein in two glasses of milk plus two three-ounce servings of cooked meat, fish, or chicken (21 grams of protein per serving). Pregnant women need an additional 10 grams of protein per day and nursing mothers need an extra 15 grams.

Extra protein, such as that taken in protein powders and supplements, does not lead to increased muscle strength or fat-free mass. The body breaks down a protein powder in the same way as a protein meal. The same strain is placed on the kidneys and the excess protein is still converted into fat and waste.

All Laughlin Air Force Base members on flying status should be reminded that there are no approved supplements, including protein powders. In addition, some protein supplements contain additional additives that are not approved for flying status. If you are taking a protein powder or are planning on incorporating one into your diet, bring it by your flight surgeon's office for approval.

XL Fitness Center hours

**Monday –
Thursday:**
5 a.m. to
midnight

Friday:
5 a.m. to 8 p.m.

**Saturday –
Sunday:**
9 a.m. to 8 p.m.

Holidays:
10 a.m. to 6 p.m.